



SRI LANKA

WELLNESS TOUR OF SRI LANKA (TOUR CODE: 11547)

STARTS AND ENDS

in Colombo

TRAVEL PERIODS

until 30 Apr 2026

EXPERIENCE

Wellness
Wildlife

TRAVEL STYLE

Independent Holiday Packages

Discover charming spots, enjoy breathtaking views, and pamper yourself with luxury wellness for complete rejuvenation.

Highlights

- Explore **Minneriya National Park** by Jeep Safari
- Enjoy **Ayurveda treatments** in Kandy
- Visit the famous **Pidurangala Rock**

Leave your worries and stress behind as you reward yourself with a revitalising experience in Sri Lanka. This 8-day private escorted package is filled with holistic activities such as yoga, sauna and an array of traditional treatments that gives you relief and tranquility while enjoying the beautiful attractions of Sri Lanka. Your journey starts at Negombo where you'll have the whole day to enjoy at your own leisure. Then you'll spend 3 nights at Sigiriya including a special ayurveda treatment, morning yoga, cookery demo and pottery lessons.

You'll continue this refreshing experience in Kandy where you'll spend another 3 nights that includes a special ayurveda treatment as recommended by the spa consultant, sunrise and sunset yoga, use of sauna and steam and salt bath.



- ✓ ENTIRE Cooling-Off Period
- ✓ ENTIRE Change of Mind
- ✓ ENTIRE On Ground Support
- ✓ ENTIRE AUD Prices
- ✓ ENTIRE Industry Accredited
- ✓ ENTIRE Australian Owned

INCLUSIONS

- Return Economy Class Flights with Sri Lankan Airlines ex Sydney/Melbourne
- 1 night in Negombo at Ayuda Negombo in a Deluxe Room - 5*
- 3 nights in Sigiriya at Amuna in an Eco Dwelling - 5*
- 3 nights in Kandy at Santani Resort & Spa in a Mountain View Chalet - 5*
- Private transfers with English speaking driver guide
- Breakfast in Negombo
- Breakfast, Lunch and Dinner in Kandy and Sigiriya
- Wellness Treatments in Kandy
- Jeep safari at Minneriya National Park
- Pidurangala Rock

ITINERARY

Day **1**

Airport Negombo

Upon arrival in Sri Lanka, you will be greeted and transferred to Negombo, just 25 minutes away, where you'll check in at your resort and enjoy the rest of the day at leisure. Nestled on the peaceful west coast, Ayuda Wellness in Negombo offers a serene sanctuary for holistic healing, combining traditional Ayurvedic practices with modern wellness techniques. Here, you can unwind with personalized massages, herbal therapies, yoga, and meditation, all guided by skilled practitioners. With its calming atmosphere, fragrant oils, and refreshing ocean breeze, Ayuda Wellness provides the perfect setting for deep relaxation and rejuvenation.

Overnight stay in Negombo at **Ayuda Negombo** in a Deluxe Room.



Day **2**

Negombo Sigiriya

Enjoy breakfast at the resort.

Afterwards, you'll head to Sigiriya (approximately 4 hours travel time) and check in at the resort. Spend the rest of the day at your leisure.

Amuna Sigiriya is a serene Ayurvedic wellness retreat surrounded by lush greenery and peaceful paddy fields near the iconic Sigiriya Rock. Grounded in authentic Ayurvedic principles, it offers personalised healing programs focused on detoxification, rejuvenation, and restoring mind-body balance. Guests can enjoy customised treatments, herbal therapies, yoga sessions, and meditation, all designed to work in harmony with nature. With its eco-friendly architecture, organic gardens, and tranquil setting, Amuna provides an ideal sanctuary for those seeking a genuine Ayurvedic escape and a deeper connection to Sri Lanka's natural and cultural beauty.

Overnight stay in Sigiriya at **Amuna** in an Eco Dwelling.

Breakfast, Dinner



Sigiriya

Enjoy breakfast at the resort.

Today, you'll enjoy some **wellness retreats** at the hotel. Spend the rest of the day at your own leisure.

Overnight stay in Sigiriya at **Amuna** in an Eco Dwelling.

Breakfast, Lunch, Dinner

Sigiriya Minneriya Sigiriya

Enjoy breakfast at the resort. After breakfast proceed to Pidurangala Rock (Approx. 20 min drive).

Afterwards, you'll take a **Jeep Safari at Minneriya national park**. The park covers 8,890 hectares and consists of a mixed forest of evergreen shrubs, a favourite habitat for animals, which include leopards, deer and wild elephants. You can also see huge flocks of birds, including cormorants and painted storks that come to fish in the shallow waters.

Return to the resort and spend the rest of the evening at your leisure.

Overnight stay in Sigiriya at **Amuna** in an Eco Dwelling.

Breakfast, Lunch, Dinner



Sigiriya Kandy

Enjoy breakfast at the resort.

Today, you'll proceed to Kandy (approximately 3 hours drive) and check in at the resort. Spend the rest of the day at your leisure.

Overnight stay in Kandy at **Santani Resort & Spa** in a Mountain View Chalet.

Breakfast, Lunch, Dinner

Kandy

Enjoy breakfast at the resort.

Experience some wellness retreats at the hotel.

Overnight stay in Kandy at **Santani Resort & Spa** in a Mountain View Chalet.

Breakfast, Lunch, Dinner

Day **8**

Kandy Airport

Enjoy breakfast at the resort.

You will then be transferred at the airport for departure.

Breakfast

ACCOMMODATION

Santani Wellness Resort & Spa

Kandy

The superb wellness retreat you can find, where you can leave stress & enter this haven to have a world of rest & relaxation.



ADDITIONAL INFORMATION

OFFICIAL LANGUAGE	LOCAL CURRENCY
Sinhala and Tamil	Sri Lanka Rupee (Rs)

International flights included in this package are based on lead-in fares and are subject to limited availability. Our team will advise you of any airfare differences to the advertised package price, if necessary. Please note that actual fares may vary depending on factors such as travel dates, seat availability, and airline policies. Additional charges may apply for flight upgrades or changes.

Excluded

- Domestic airfares and taxes, unless otherwise specified in our holiday package
- Visa expenses, processing and issuance fees
- Meals other than as specified in our holiday package
- Travel Insurance or expenses of a personal nature (mini-bar, phone call, laundry, etc.),
- Tips or gratuities to guides, drivers, porters, hotel, restaurant or boat staff, etc.
- Or any other travel expense that has not been included in our holiday package